



web ♦ graphics ♦ ideas

Ann M O'Keefe portfolio



222 N Biscayne Blvd
Miami, FL 33114
p: 305-555-1234
f: 305-555-9999
evergladesproject.org

Protecting the *River of Grass* and securing its future

Client: The Everglades Project
Project: Logo, Letterhead, Business Card
Tools used: Illustrator



ELDERMOVE MANAGERS INC.

Planning, Organizing and Facilitating Every Aspect of Your Move

It's Moving Day. . . Relax!

Move with a Plan. . .

Move with Confidence. . .

Move with Ease. . .



Move with ElderMove Managers, Inc.

A Complete Moving Service designed *especially* for Seniors



Downsize Beautifully!

Call today for a FREE
home visit

Brenny Watt

407-761-4371

www.eldermove.com

Serving Central Florida since 2004

Client: Elder Move Managers Inc

Project: 36 x 24 inch poster

Tools used: Photoshop, Illustrator, Indesign

MEETING ALL YOUR MOVING NEEDS

Our Trusted Referral Program:

- HOME STAGING
- INTERIOR DECORATING
- DELIVERY
- WAREHOUSING
- LIQUIDATION
- ESTATE SALES

Call to discuss your moving needs!

Brenny Watt, MBA
407-761-4371

brenny@eldermovemangers.com

Serving Central Florida since 2004

FEATURED BUSINESS IN Orlando Sentinel
Sunday, November 23, 2008
[Commentary]

GREG DAWSON THE LAST RESORT

Hats off to deserving businesses.

No "beefs" or turkeys today. Presenting Day 1 of our three-day salute by you, the readers, to some of the outstanding businesses and merchants in Central Florida. Enjoy.

Recently my mother moved from a condo to a retirement home. Brenny Watt of Elder Move Managers brought in a crew a couple of weeks before the move to sort things. On moving day the crew packed everything, took it to the new place, unpacked boxes, hung pictures on the wall and even made her bed. It was the best service I have ever received from a business.

CEEJAY PEDERSEN
ALTAMONTE SPRINGS



It's Moving Day... Relax!



WE CAN HELP YOU!

Have you decided to move?

- Are you overwhelmed?
- Do you know what will fit?
- What will you do next?

Why Use ElderMove Managers?

- Extensive move management experience since 2004
- Successfully managed over 800 moves throughout Central Florida
- Knowledge of floor plans in all major retirement communities
- Professional staff with hands-on expertise
- Fully insured, licensed and bonded
- Highly recommended (referrals available)



Downsize Beautifully! A Place to call home

Our **Hands-On Help** Makes Your Move Easier

- Begin with a free in-home visit
- Listen to your concerns and wishes
- Learn what is important to you
- Custom floor plans so you can see how your furniture will fit
- Sort and downsize - keep what you want, clear out the rest
- Coordinate and oversee our professional moving company
- Carefully pack and unpack your household
- Provide and remove all moving supplies
- Complete set up of your new home:
TV, computer, artwork, collectibles, closets, kitchen, bed and bathrooms

Dear Brenny,
My Mom and I want to thank you for making her move not only easy, but an enjoyable experience. You have a wonderful and engaging staff. It was a pleasure meeting them.
Always,
Elise S.



When you NEED HELP, we will be there.

Call Now for a free consultation.
We look forward to meeting you, then putting your mind at rest!

Brenny Watt, MBA
407-761-4371 www.eldermovemangers.com

Client: Elder Move Managers Inc
Project: Tri-fold Brochure
Tools used: Photoshop, Illustrator, Indesign



Client: Sahib's Aquaponics
Project: Logo
Tools used: Illustrator



Client: KOK Consulting and Coaching
Project: Logo
Tools used: Illustrator



Client: Athena Restaurant
Project: Banner
Tools used: Illustrator



Elizabeth R. Hollingsworth is a Licensed Mental Health Counselor, has a certificate in Marriage & Family Therapy, a certificate in Play Therapy (she is also the Vice President of the Central Florida chapter of the Association for Play Therapy), and a certificate in Sexual Abuse Recovery. In addition, Elizabeth utilizes Canine Assisted Therapy in her practice in Downtown Orlando near Colonial Town.

Elizabeth has experience in various areas:

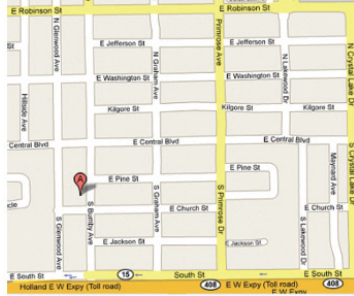
- Over 6 years experience working with individuals, families, and couples.
- Implemented groups to handle behavioral/emotional issues, relationship enhancement, GLBT issues, and trauma recovery in outpatient & inpatient settings.
- Co-facilitated social skills groups with Social Bridges, LLC and the KidsKnect Program for children of divorce through Jewish Family Services (for elementary & middle school students).
- Experience conducting trainings & presentations on canine assisted therapy, trauma, effects of maternal depression, self-care among health care professionals, suicide assessment and adolescent issues.



Meredith A. Hirshhorn is a Registered Mental Health Counselor Intern who graduated from the University of Central Florida with a Master's Degree in Marriage and Family Therapy with specialized training in sex therapy and EMDR (Eye Movement Desensitization Reprocessing)

Meredith has multiple experiences in the following areas:

- Worked at University of Central Florida's (UCF) Community Counseling Center counseling children, adolescents, and adults.
- Worked at UCF's College Counseling center with concerns surrounding body image, trauma/abuse, grief and loss, addictions, sexual orientation, and relationship/family issues.
- Facilitated grief & loss groups at Legacy Middle School and co-facilitated several interpersonal process-oriented groups with college students.
- In addition, she has presented at numerous national and international conferences on using creativity/expressive arts with various populations.

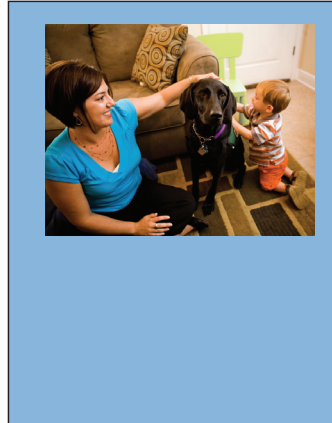


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HOPE CAN HEAL COUNSELING CENTER, LLC



HOPE CAN HEAL

Welcome to

Hope Can Heal Counseling Center, LLC
We applaud your courage to take the first step in asking for help and exploring your options. It can be a difficult decision for most people. You are doing it — Good job. It will be our pleasure to assist you in your healing journey.

What you can expect:

You can call us directly to complete a free phone consultation to see if our services are a good fit for you, your relationship, or your family.

At Hope Can Heal Counseling Center LLC, we will schedule your initial assessment. The initial assessment takes approximately an hour to an hour and a half. During this time, we will spend time getting to know one another, obtaining background information, discussing office policies, procedures and client rights, and talking about what it is that brings you to counseling.

Services provided by Hope Can Heal Counseling Center, LLC include:

- **Individuals**
- **Family**
- **Couples**
- **Children & Teenagers**
- **Groups: Trauma**
- **GLBT issues**



What is Canine Assisted Therapy?

Elizabeth R. Hollingsworth, MA, LMHC has incorporated the use of Canine Assisted Therapy using Keba, a black Labrador Retriever mix. Keba has assisted children and adults build a loving and trusting bond with another being that has translated to their personal relationships. Therapy can be uncomfortable for many people especially during the first visit. Many people feel comforted as they pet Keba while discussing difficult topics or as she wiggles to greet them at the door. Keba helps children and adults share their stories that may be too difficult to tell a person. Keba also assists in trauma recovery. If a person has not been in session for a few weeks the first thing mentioned upon return is "Keba, I've missed you" followed by lots of love.

Who is Keba?

Keba found Elizabeth Hollingsworth on April 13th, 2007 outside Lakeside Behavioral HealthCare as she was walking a client to the door. Keba seemed very excited, but very scared. Keba had never been exposed to anything and was very submissive and scared of even inanimate objects such as a couch. Keba has done a lot of personal work to assist in her own trauma recovery and enjoys helping others. Keba can be involved as much or as little as a person feels comfortable.

Trauma Recovery Group
Mondays 6 - 7 PM
Call for a free consultation
407.312.8295

What is Play Therapy? It is a form of therapy that is used with children that allows the child to communicate through their play while the toys represent their words to work through personal challenges or issues.

What is Marriage and Family Therapy?

The family system may sometimes feel or seem out of balance creating conflict whether it be personal stressors, financial stressors, the loss of a job, illness, death of a loved one, teenage rebellion or problems within the relationship. The therapist can help identify and resolve the areas of conflict within the family by teaching new coping skills, learning new ways to talk to each other, and increase your understanding of one another and the family system. Family therapy can also help the family learn new ways to solve problems, express emotions, explore family roles, and expectations for each other, and determine strengths and identify new ones.

What is Sexual Abuse and Trauma Recovery?

If you have personally experienced a trauma, i.e. abuse, natural disasters, horrible accident, violent attack, war veteran, death of a loved one or relationship, or witnessed a trauma, i.e., living in a neighborhood with a lot of crime, it is possible that it may still be affecting you personally, professionally, with your relationships or daily functioning. We provide the person a safe place to share as much or as little as they are comfortable with, while they learn new skills on how to handle the uncomfortable symptoms such as nightmares, flashbacks, anxiety, difficulty concentrating, daydreaming, trust issues, and heightened sense of awareness.

What is Experiential work?

"To live a creative life, we must lose our fear of being wrong." – Joseph C. Pearce

Experiential work can encompass movement, music, art, play, photography, and psychodrama. It involves learning by doing. Experiential exercises can be so powerful because they provide a form of self expression that goes beyond that found in traditional talk therapy.

Client: Hope Can Heal Counseling Center
Project: Tri-fold Brochure
Tools used: Photoshop, InDesign